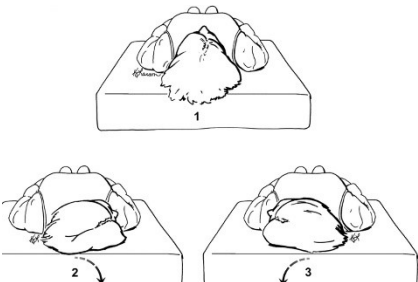
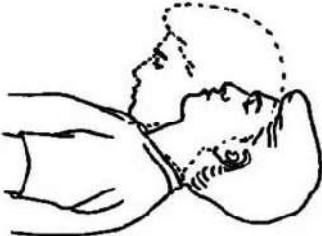
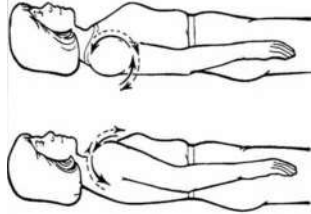
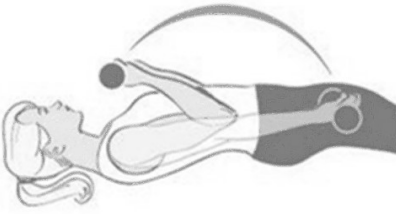
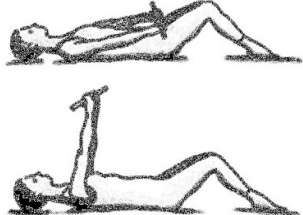




Bed exercises are a good way of maintaining muscle strength, joint range and improving circulation to aid recovery.

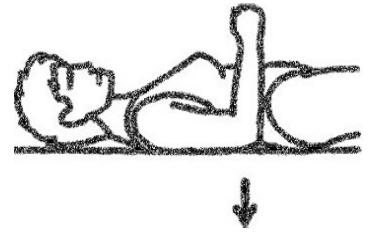
- the following exercises can be done lying down on your back on a flat surface supporting the whole body (bed / floor)
- try to synchronise your breathing with each activity, inhaling on initiation and exhaling when returning to starting the position

<p>HEAD ROLLS Position: lying /sitting /standing Exercise: turn head from side to side slowly</p>	
<p>CHIN TO CHEST Position: lying / sitting /standing Exercise: lift head or bend head forward bringing chin to chest slowly</p>	
<p>SHOULDER ROLLS Position: lying / sitting /standing Exercises: roll shoulder forward /backwards alternating between sets</p>	
<p>BICEP CURLS Position: lying / sitting / standing arms stretched down Exercise: bend elbow bringing hands to shoulders, both together or alternating, then extend back down progression 1: hold a light weight (kg weight /bean bag) in hand or theraband tied to cot sides</p>	
<p>SHOULDER FLEXION Position: lying on back / sitting / standing Exercise: clasp hands together or hold towel/pillow-case apart with hands, elbows straight, raising arms up above head</p>	

TRICEPS

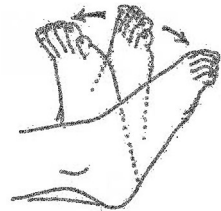
Position: lying on your back with elbows bent at 90 deg

Exercise: push elbows down into bed and hold, then relax

**ANKLE PUMPS**

Position: lying on your back or sitting

Exercise: pump/stretch ankles, pointing toes up then down

**HEEL SLIDES**

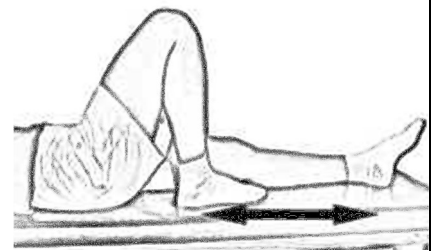
Position: lying on your back with arms at side, legs straight

Exercise: slide heels up towards your bottom, then down

progression 1: bend knee lifting heel off the bed

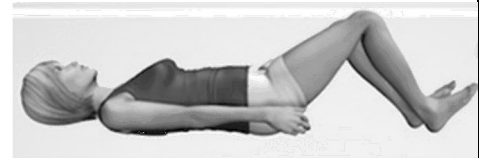
progression 2: add resistance

manual/weight/theraband

**HAMSTRINGS**

Position: lying on your back with knees bent mid-way (alternating or together)

Exercise: dig heels down into bed

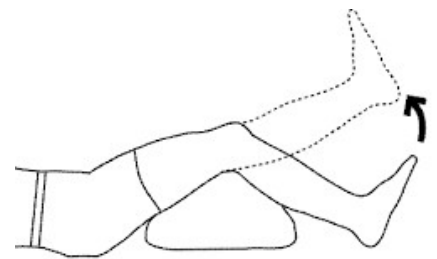
**QUADRICEPS**

Position: lying on your back / sitting up, legs straight Exercise: push the back of the knee into the bed, straightening knee, pulling thigh muscle tight

,pointing toes up towards the face

Progression 1: keeping knee straight lift heel off the bed

progression 2: pillow/rolled towel under knee progression 3: add resistance manual/weight

**GLUTES**

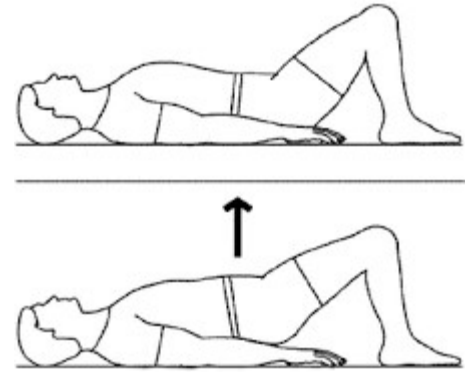
Position: lying on your back with legs straight or knees bent feet shoulder width apart, firmly on surface

Exercise: squeeze buttocks together and hold



BRIDGING

Position: lying on your back, knees bent, feet flat on the surface
Exercise: squeeze your buttocks, lifting it off the bed slowly, hold, then slowly lower back down to bed



STRAIGHT LEG RAISE

Position: lying on you back with 1 knee bent
Exercise: raise your straight leg up as far as you can keeping the knee straight and pointing toes towards the face. Then lower it slowly down and alternate legs.

